DOCUMENT RESUME

ED 164 323 SE 025 934

AUTHOR Pifer, Glenda
TITLE Energy Management Checklist for the Home.
INSTITUTION Extension Service (DOA), Washington, D.C.
REPORT NO DOA-PA-1118
PUB DATE Oct 75
NOTE 9p.

EDRS PRICE MF-$0.83 HC-$1.67 Plus Postage.
DESCRIPTORS *Check Lists; *Conservation Education; *Energy; *Energy Conservation; Environmental Education; *Home Management; Lighting; Maintenance; Refrigeration; Temperature; Transportation; Windows

ABSTRACT

This booklet contains a checklist of equipment and activities for the individual's use in home energy management. The categories covered include: (1) insulation; (2) windows; (3) temperature control; (4) lighting; (5) heating water; (6) laundry; (7) cleaning and maintenance; (8) cooking; (9) refrigeration; (10) dishwashing; (11) recreation; and (12) transportation. (TM)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

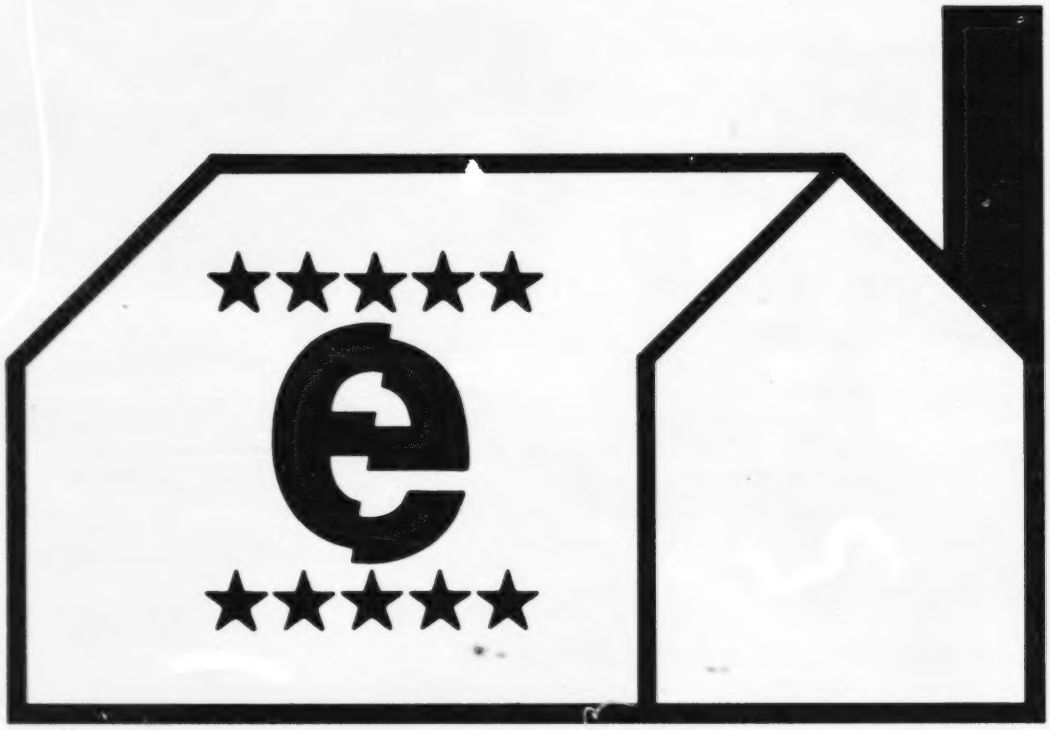
000672

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

ED164323

Energy Management Checklist for The Home



PA-1118

EXTENSION SERVICE

UNITED STATES DEPARTMENT OF AGRICULTURE

savenergy ★★★★★ save money

2

SE 025 934

Energy Management Checklist for The Home

By Glenda Pifer, Housing Specialist

Experts may disagree on how long energy sources will last but these facts are clear:

- **—Known sources of energy are limited. Man is using energy faster than nature can create it.**
- **—American lifestyles require an astonishing amount of energy.**
- **—If we are not in the midst of a real energy crisis now, we are well on our way toward exhausting our known energy sources.**

We should pause to ask ourselves: If we can't live without energy, how can we live well with less?

Conservation of energy in all forms is essential. This does not mean we will receive fewer benefits from energy. Nor does it force us to give up our modern ways of life. It does mean we must use energy as efficiently as possible.

We must adjust the everyday living standards which affect the use of our resources. We can slow down our consumption of energy if we change the way we use—and waste—it. Some changes will require time, effort, and money. Others will require a change in our attitudes and values, or in developing new habits and discontinuing old ones. The energy we save today will be available for future use. The energy we use or waste is gone forever. Fortunately, a reduction in energy used also means money saved. This will help to offset increases in energy costs which are inevitable.

savenergy ★★★★★ save money

ARE YOU A GOOD ENERGY MANAGER?

Good management means using resources effectively to obtain the maximum comfort, convenience, pleasure, and satisfaction from your investment.

From time to time you need to evaluate the resources used in daily life. In the past, energy was an inexpensive resource, so people didn't really try to save it. As a result, the supply of energy is being exhausted and the cost has increased.

There are many ways to conserve energy in and around the home without sacrificing our level of living. When you reduce the amount of energy use, you also are saving money for other needs.

This publication is designed to help you see how effectively you are conserving energy and alert you to how you can improve your efficiency as a manager. Although some of the suggestions involve spending money, the long-range benefits achieved from the reduction in energy used will soon pay for the cost. Some suggestions will require both time and energy. Your knowledge and skills are resources, too. As energy supplies decrease and costs rise, you must weigh your use of resources with greater care.

TEST YOURSELF . . . YOUR ENERGY CHECKLIST

No doubt you are now trying to conserve energy. This checklist will help you recognize the energy conservation practices you now use, and identify ways you can become an even better energy manager.

Have Done	Will Do	
		Insulation Reduces Heat Loss or Heat Gain, Improves Comfort, and Reduces Energy Required for Heating and Cooling.
☐	☐	Ceiling—minimum 6-inch mineral wool equivalent.
☐	☐	Walls—minimum 4-inch mineral wool equivalent.
☐	☐	Crawl space or unheated basement—minimum 2-inch mineral wool equivalent.
		Window Protection for Winter
☐	☐	Install storm windows, or
☐	☐	Double or triple glazing, or
☐	☐	Cover windows with plastic.
		Utilize Winter Sun
☐	☐	South and west window exposures are best for living areas.
		Protect House from Cold Winter Wind
☐	☐	Plant, or build a windbreak landscape treatment.
☐	☐	Design house for maximum protection.
☐	☐	Protect entrances.

Have Done	Will Do	
		Seal Air Leaks
☐	☐	Weatherstrip doors and windows.
☐	☐	Caulk cracks.
☐	☐	Seal unused doors.
		Protect House from Summer Sun
☐	☐	Plant trees.
☐	☐	Install a roof overhang to protect windows.
☐	☐	Use awnings or other treatment.
		Utilize Breezes for Cooling During Warm Season
☐	☐	Open windows in evening.
☐	☐	Close during mid-day.
		Temperature Control
☐	☐	Reduce daytime home heating in winter, maintaining 68° F. or lower temperature.
☐	☐	Set air-conditioning unit to recirculate cool air instead of pulling in warmer outside air.
☐	☐	Increase temperature setting for summer air-conditioning, 78° F. or higher.
☐	☐	Reduce nighttime winter temperature 5°-8° or more.

Have Done	Will Do	
☐	☐	Use window and attic fans for cooling during summer when outside temperature is below house temperature.
☐	☐	Maintain heating and cooling equipment in good operating condition.
☐	☐	Keep air filters clean to make it easier for heating and cooling system to do its job.
☐	☐	Close off unused rooms and closets.
☐	☐	Use kitchen and bathroom exhaust fans only when necessary.
☐	☐	Install an exhaust fan in the attic to remove hot air in the summer.
☐	☐	Shade windows from direct sun in summer with draperies and roll-up shades.
☐	☐	Open draperies and roll up shades to receive sun's heat in winter.
☐	☐	Close door of attached garage in winter.
☐	☐	Close off flue when fireplace is not in use.
☐	☐	Select an energy efficient air-conditioning unit the proper size for space to be cooled. It is better to buy a slightly undersized unit, rather than an oversized one.
☐	☐	Repair leaks and insulate heating and cooling ducts in spaces not heated or cooled.

Have Done	Will Do	
☐	☐	Reduce heating and cooling temperatures when away from home for long periods of time.

Lighting

☐	☐	Turn off unnecessary lights, indoors and out.
☐	☐	Reduce lighting levels to minimum for task to be performed.
☐	☐	Use bulbs with lower wattage in halls, stairways, and other areas of general illumination.
☐	☐	Use light colors in decorating to improve lighting efficiency.
☐	☐	Do tasks which require a high light level during the daylight hours when possible.
☐	☐	Keep lighting fixtures clean.
☐	☐	Use fluorescent lighting for maximum light from electrical energy used.
☐	☐	Use timers to turn lights on in the evening rather than leaving lights on all day when no one is home.

Heating Water

☐	☐	Reduce the amount of hot water used.
☐	☐	Insulate long hot water pipes, especially those under the house or those that go through unheated basements.

Have Done	Will Do	
☐	☐	Repair leaky faucets.
☐	☐	Maintain regular temperature setting of 140° F. on water heater when hot water is needed.

Laundry

☐	☐	Wash only full loads of laundry.
☐	☐	Use heated water in only the washing cycle.
☐	☐	Use water no hotter than necessary for adequate soil removal and sanitation.
☐	☐	Use good laundry techniques to obtain satisfactory results in one washing process.
☐	☐	Avoid over drying in the dryer.
☐	☐	Line dry garments and household items when practical.
☐	☐	Use the dryer efficiently. Avoid drying one or two items at one time.
☐	☐	Remove items when dryer stops to avoid unnecessary wrinkling, which will require pressing to remove.
☐	☐	Reduce ironing to a minimum by careful selection of garments and household linens.

Cleaning and Maintenance

☐	☐	Empty or replace vacuum cleaner bag frequently to keep it functioning efficiently.
☐	☐	Eliminate unnecessary vacuuming and floor polishing.
☐	☐	Use hand equipment rather than power equipment when practical.
☐	☐	Develop preventative maintenance practices. Routine checkup and servicing will prevent greater problems later.

Cooking and Baking

☐	☐	Use oven to capacity.
☐	☐	Use cooking utensils which fit the electric unit or gas burner.
☐	☐	Use tight-fitting lids on cooking utensils, when appropriate.
☐	☐	Reduce heat to maintain necessary cooking temperature when using surface units or burners.
☐	☐	Use small appliances for cooking, baking, and toasting if they are more efficient than the range.
☐	☐	Preheat oven only when necessary. Do not preheat longer than needed to attain required temperature.
☐	☐	Turn off oven, surface units, or burners promptly when food is cooked.

Refrigeration—Refrigerator and Freezer

☐	☐	Avoid opening door or holding it open unnecessarily.
☐	☐	Keep grills and evaporator coils clean.

Have Done	Will Do	
☐	☐	Locate cooling appliances away from a heat source such as the range, hot air register, or direct sun.
☐	☐	Defrost as needed.
☐	☐	If cold air is leaking around door, have door adjusted or gasket replaced.
☐	☐	Turn off, empty, clean and leave refrigerator door open when taking an extended vacation.
☐	☐	Locate the refrigerator and freezer away from heat sources.

Dishwashing

☐	☐	Accumulate dishes; hold until the dishwasher is filled. If dishes are hand washed, rinse and hold breakfast dishes until noon or evening.
☐	☐	Avoid wasting hot water by leaving it run continuously while washing or rinsing dishes.

Personal Care

☐	☐	Minimize hot water used in bathing. Check to see if less water is used in showering than in tub bathing.
☐	☐	Do not leave water running while shaving, brushing teeth, etc.
☐	☐	Turn off faucets promptly after use.

Recreation and Entertainment

☐	☐	Turn off TV, radio, or stereo when no one is really watching or listening.

Have Done	Will Do	
☐	☐	Disconnect or use vacation setting on an instant-on TV when you are not going to be using it regularly.
☐	☐	Use shop or hobby equipment efficiently.
☐	☐	Maintain tools in good operating condition.
☐	☐	Encourage family members to develop leisure activities such as bicycling, hiking, reading, swimming, etc., that have low energy costs.
☐	☐	Spend vacations closer to home.
☐	☐	Encourage home and neighborhood activities.

The Family Automobile

Drive at a moderate speed.

☐	☐	Drive smoothly with gradual starts and stops.
☐	☐	Don't warm up the car for more than a minute or two before driving.
☐	☐	Provide proper maintenance; make sure you have well-tuned engines and properly inflated tires.
☐	☐	Combine errands by careful planning.
☐	☐	Carpool whenever possible.

Other Transportation

☐	☐	Walk, ride a bicycle, or use public transportation whenever possible.
☐	☐	Travel only when necessary.

List 10 energy conservation practices you plan to do this year:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Cooperative Extension Work:
U.S. Department of Agriculture and
State Land-Grant Universities Cooperating.
Slightly Revised October 1975